

Preschools & Families: Take the Fit & Healthy Kids Fall Challenge!

Fall back into fun, food & fitness...

Child care centers and families — participate in this Fall's Challenge! See ideas on how to incorporate the Challenge into your center for the week. Please share this information with students to bring home — families can participate on their own, and ideas for families are included on the back of this page.

Ideas for PRESCHOOLS

1) MOVE more!

- Talk to children about the importance of physical activity and explain that it is important to get your heart beating fast for up to an hour every day (show them where their heart is).
- Play upbeat music and let everyone dance.
- Read a story with a lot of action that students can act out (walking, swimming, biking, hopping, jumping, stretching, etc).
- Sing active songs such as the “Hokey Pokey” or “Head Shoulders Knees and Toes.”
- Call out different animal types and have students act like the animal — hop like a kangaroo, swim like a fish, gallop like a horse, etc.

2) Eat more COLORS!

- Use cut up vegetables in lessons on numbers or use slices of peppers and carrots to make letters.
- Have the children state their favorite color and then identify all the fruits and vegetables that are that color.
- Make a chart of all the new fruits and vegetables children try during the week.
- Ask parents to volunteer to bring in fruits and vegetables everyday and have kids talk about where it could have been grown and how it can be eaten.
- Grow a mini garden and have children help plant and pick what grows.
- Offer additional fruits and vegetables at meal time and have free ‘tastings’ of unique fruits and vegetables.

Free resources!

- **5 A Day educator resources:**
http://www.5aday.com/html/educators/educators_home.php
- **MyPyramid teaching materials:** www.mypyramid.gov/kids/

3) TURN IT OFF!

Brainstorm with the children what activities you can do instead of watch television. Hang the list over the television. Some ideas:

- Play outside (Frisbee, ball, jump rope, hide and seek, tag)
- Gather leaves • Do an art project • Listen to music • Read

Ideas for FAMILIES

1) MOVE more!

- Go for a walk or bike ride together.
- Rake leaves.
- Play music and dance.
- Go apple picking.
- Play an active 'make believe' game: tell your child to run as if he or she were: on hot sand, playing basketball, running bases at a baseball game, running with heavy boots on, in slow motion, etc.

2) Eat more COLORS!

- Offer a lot of different fruits and vegetables everyday, don't be discouraged if they don't like a new food right away.
- Offer new foods with old favorites. Try beets in salads, red and yellow peppers with pasta, and kiwi in yogurt.
- Get kids involved! Have them select fruits and vegetables at the store. At home, they can wash and arrange them on plates.
- Go to an orchard or berry farm and show them where their fruit comes from.

Free resources!

Kids in the Kitchen: <http://kidsinthekitchen.ajli.org/>

Kidnetic: <http://www.kidnetic.com/BrightPapers/?c=For+Parents>

3) TURN IT OFF!

Talk as family about things you can do instead of watch television. Make a list and hang it over the TV. Some suggestions:

- Read together.
- Prepare a meal together.
- Listen to music.
- Do an art project.
- Play outside (Frisbee, ball, jump rope, hide and seek, tag).
- Play indoors — board games, 'make believe' games.

Make every day active, colorful and fun for your family!

Check out the Governor's Fit & Healthy Kids Initiative on the web at:

<http://healthvermont.gov/fitandhealthy.aspx>

For more information about the Fit & Healthy Kids Fall Challenge,
call the Vermont Department of Health at **(802) 863-7330**

For copies of this form go to: <http://healthvermont.gov/fitandhealthy.aspx>